

Stroke

A stroke occurs when the blood flow to the brain is decreased or stopped. The blood flow can be blocked from a blood clot, plaque or a leak in a blood vessel. Sometimes the blood flow to the brain is blocked for a brief time. There will be signs of a stroke, but the signs go away in minutes to hours. This is called a **TIA or transient ischemic attack or “mini stroke”**. This is a strong warning that there is a problem and a stroke could occur in the future. When the blood flow to the brain is blocked causing permanent damage, it is called a stroke. Tests can be done to find the type, location and cause of the blockage to the blood flow of the brain.

Signs

The effects of a stroke depend on the location and amount of damage to the brain. Signs are sudden and may include:

- Numbness, tingling or weakness in the face, arm or leg, often only on one side of the body
- Confusion or trouble understanding
- Problems speaking
- Problems seeing out of one or both eyes
- Dizziness or trouble with balance, coordination or walking
- Sudden severe headache with no known cause

Your Care

Call 911 as soon as you have any signs of a stroke. The goal of care is to stop further damage to the brain. It is key to get to the hospital right away.

It often takes a few days to see what type of damage has occurred. It is hard to predict recovery from a stroke. Care is planned based on your needs. It may include:

- Therapy for rehabilitation
- Exercise to strengthen your muscles
- Adapting your activity to use the strong side of your body
- Learning how to talk and communicate
- Learning ways to eat and drink safely

Moždani udar

Do moždanog udara dolazi kad se smanji ili zaustavi dotok krvi u mozak. Krvotok može biti blokiran ugruškom krvi, plakom ili izlivom krvi iz krvne žile. Ponekad prekid dotoka krvi u mozak ne traje dugo. Tada se pojave simptomi moždanog udara, ali isti nestaju u roku od nekoliko minuta ili sati. To se zove **TIA ili tranzitorni ishemički napad, ili „mini udar“**. To je snažno upozorenje na postojanje problema i da u budućnosti može doći do udara. Kada je krvotok u mozgu zaustavljen, a prouzrokovano trajno oštećenje, to se naziva udar. Za otkrivanje vrste, lokacije i uzroka blokiranja krvotoka u mozak mogu se uraditi ispitivanja.

Simptomi

Ishodi udara zavise od lokacije i veličine oštećenja mozga. Simptomi su iznenadni i mogu uključiti:

- utrnulost, štipanje ili malaksalost u licu, ruci ili nozi, često na samo jednoj strani tijela
- zbunjenost i teškoće sa razumijevanjem
- probleme sa govorom
- probleme sa vidom na jednom ili oba oka
- vrtoglavice ili poteškoće sa ravnotežom, koordinacijom pokreta ili hodanjem
- iznenadne jake migrene bez poznatog razloga

Vaša njega

Odmah pozovite 911 (hitnu pomoć), čim dobijete bilo koji znak udara. Cilj njege je spriječiti dalje oštećenje mozga. Od ogromne je važnosti odmah doći u bolnicu.

Često treba par dana da se vidi do koje vrste oštećenja je došlo. Teško je predvidjeti oporavak od udara. Njega se planira na osnovu Vaših potreba. Ona može uključiti:

- rehabilitaciju
- vježbanje zbog ojačanja mišića
- prilagođavanje aktivnosti kako biste koristili jaču stranu tijela
- učenje govora i komuniciranja
- učenje načina za bezbjedno uzimanje hrane i pića

Risk Factors

You are at risk for a stroke if you:

- Have high blood pressure, diabetes, high blood cholesterol, heart disease or a prior stroke
- Are from a family where others have had a stroke
- Are overweight
- Are inactive or do not exercise
- Have a lot of stress
- Eat foods high in cholesterol and fat
- Smoke or use tobacco
- Drink too much alcohol
- Use street drugs
- Have a head injury or a bleeding disorder

If you have any of these risk factors, talk to your doctor or nurse about ways to manage them.

To Prevent a Stroke

- Treat high blood pressure, diabetes, high cholesterol and heart disease if present
- Quit smoking
- Exercise
- Eat a healthy diet and lose weight if you are overweight
- Limit alcohol to 1-2 drinks a day
- Avoid falls and injuries

Talk to your doctor or nurse if you have any questions or concerns.

Faktori rizika

Vi ste pod rizikom od udara ako:

- imate visok krvni tlak, dijabetes, visok nivo holesterola u krvi, oboljenje srca ili ste već imali udar
- potičete iz porodice gdje je neko imao udar
- imate prekomjernu težinu
- niste aktivni ili ne vježbate
- ste izloženi velikom stresu
- jedete hranu bogatu holesterolom i mastima
- pušite ili koristite duhan
- pijete previše alkohola
- koristite narkotike
- imate povredu glave ili poremećaj krvarenja

Ako imate bilo koji od ovih rizičnih faktora, razgovarajte sa svojim doktorom ili medicinskom sestrom o načinima za njihovo kontrolisanje.

Da spriječite udar

- Liječite visoki krvni tlak, dijabetes, povišen holesterol i srčano oboljenje ako ih imate
- Prestanite pušiti
- Vježbajte
- Hranite se zdravim namirnicama i smršajte ako ste prekomjerne težine
- Ograničite alkohol na 1-2 pića dnevno
- Izbjegavajte padove i povrede

Razgovarajte sa svojim doktorom ili medicinskom sestrom ako ste zabrinuti ili imate pitanja.

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Stroke. Bosnian